

Your child has a fever. Or you're traveling, you don't feel well, and you are unsure about the symptoms. Or you helped a friend on moving day, you injured your back, and you don't know if you should treat it yourself or see your doctor.

## The answers are as close as the phone.

When you choose CIGNA HealthCare, you have access to a valuable health information resource anytime you need it. Anywhere in the U.S.

You and your participating family members can call our CIGNA HealthCare 24-Hour Health Information Line<sup>SM</sup> any time, any day of the year and receive assistance and answers to your health care questions. Speak with a health information nurse or, if you prefer, listen to any of the more than 1,000 topics on tape in our Health Information Library.

Your call is always free and the number is always handy because it's printed right on your CIGNA HealthCare ID card.

It's just one of the benefits of choosing CIGNA HealthCare. Use this bookmark so you'll always know exactly where to turn.

www.cigna.com

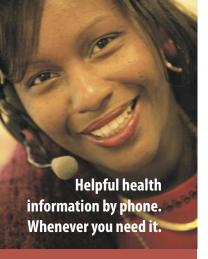
It's 5:30 in the morning • When you're alone • Before you lift it • The first time it happens • Feeding the baby • Because it won't stop • You just discovered it • From your office • You had a minute • Just to double-check • Your mother would know what to do You called before and they helped • Her teacher mentioned it • It's so convenient • Now what? • It's not serious but should I see the doctor? • It's so annoying • You don't know if it is contagious • Is it just part of growing up?

## THE CIGNA HEALTHCARE 24-HOUR HEALTH INFORMATION LINESM

CALL THE TOLL-FREE NUMBER ON YOUR CIGNA HEALTHCARE ID CARD.







Tension Headaches • Sinus Problems • Face Lifts • *Pinkeye* • *Rhinoplasty* (Nose Job) • Bad Breath • Thumb Sucking • Breast Cancer • Teenage Concerns • Breathing Others' Smoke • Snoring and Sleep Apnea • Starting an Exercise Program · Symptoms · Diabetes and Exercise • Lyme Disease • Sprains and Strains • Can Your Diet Prevent Cancer? · Kidney and Urinary Tract *Infections • Snacking for Weight Control • HIV/AIDS* • Information and Referral • Prostate Cancer • Pregnancy and Childbirth • Ovarian Cysts • Hemorrhoids • Knee *Injuries* • *Ingrown Toenails* 

Plus more than a thousand other topics from head to toe, inside and out.

TOLL-FREE NATIONWIDE FOR MEMBERS ONLY.





A Business of Caring.

The Information provided by the 24-Hour Health Information Line, Health Information Nurses and Health Information Library is provided in good faith by CIGNA HealthCare as a service for its members. It is not intended to be a substitute for a proper medical care provided by a physician nor is it intended to overrule a physician's recommendations. CIGNA HealthCare assumes no responsibility for any circumstance arising out of the use, misuse, interpretation or application of any of the information supplied by this program. Always consult with your doctor for appropriate examinations, treatment testing and care recommendations. If your symptoms worsen or become severe, call your doctor immediately. If you have questions about any of the information provided by this program, call your doctor or CIGNA HealthCare Member Services.

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